

**OLDER  
AMERICANS  
MONTH**



**BLAZE A TRAIL: MAY 2016**

# Saint Peter Senior Center

## May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 PALS	3 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	4 10:00 PALS	5 3-4 pm-NAPS 2-4 pm Medicare/ Insurance Help  1:00 Men's Cards 1:00 Matter of Balance	6 10:00 PALS 1:30 Pfeffer	7 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
8 Happy Mother's Day	9 10:00 PALS	10 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	11 GAC Buffet 10:00 PALS	12 1:00 Men's Cards	13 10:00 PALS 1:30 Pfeffer	14
15	16 10:00 PALS	17 8:30-Sr. Breakfast  FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	18 10:00 PALS	19 1:00 Men's Cards	20 10:00 PALS 1:30 Pfeffer	21
22	23 10:00 PALS	24 1:00 (500 Cards) 1:15 Bridge	25 10:00 PALS	26 1:00 Men's Cards	27 10:00 PALS 1:30 Pfeffer	28
29	30 Senior Center CLOSED Memorial Day NO PALS	31 1:00 (500 Cards) 1:15 Bridge				June calendar on next page 

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12	13 10:00 PALS	14 1:00-Sr. Dance 1:00 (500 Cards) 1:15 Bridge	15 10:00 PALS	16 1:00 Men's Cards	17 10:00 PALS 1:30 Pfeffer	18
19 Happy Father's Day!	20 10:00 PALS	21 1:00 (500 Cards) 1:15 Bridge	22 10:00 PALS	23 1:00 Men's Cards	24 10:00 PALS 1:30 Pfeffer	25
26	27 10:00 PALS	28 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	29 10:00 PALS	30 1:00 Men's Cards	10:00 PALS 1:30 Pfeffer	
						

# Monthly/Weekly Activities

## St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

### N.A.P.S.

Nutrition Assistance Program for Seniors  
Sponsored by Second Harvest

Call to pre-qualify 1-800-365-0270

**Pick up food at  
the Senior Center on:  
Thurs., May 5 & June 2**

3:00 ~ 4:00 p.m.

### Foot Clinics

Tues., May 3 & 17  
Tues., June 7 & 28

Community Center  
Rm #215 (enter door B)  
Fee: \$25.00

Call 934-0667 for an appt.



500 Cards-Tues. @ 1pm  
Bridge-Tues. @ 1:15pm  
Men's Cards- Thurs. @ 1pm  
Pfeffer- Fri @ 1:30 pm



### Medicare/ Insurance Counseling Help

**May 5 and June 2**

**2:00-4:00 pm at the Senior Center**

One-on-One Help.

Call Sylvia @ 934-7227 with questions  
Sponsored by MN River Area Agency on Aging

### BUFFET LUNCH AT GUSTAVUS

Wed., May 11 and June 8

11:00—12:30

Senior Price \$6.75



No registration required just come and enjoy a great lunch  
Visit The Bookmark for Discounts.  
Sponsored by The Senior Center, GAC Bookmark & The Dining Service

### *Dance...Dance...Dance...*

Tuesday, May 10— 1:00 p.m.-4:00 p.m.

Music by: Lyndon Peterson

Tuesday, June 14— 1:00 p.m.-4:00 p.m.

Music by: Don Klossner

American Legion—229 West Nassau, St. Peter

Cost: \$5 .00

Sponsored by the St. Peter Senior Center



**P.A.L.S.**  
Partners in Active Living for Seniors

**ENHANCE  
FITNESS**

### Exercise classes designed for older adults

May 2— June 3 ( No class May 30)

Mon, Wed, & Fri 10:00-11:00 am

June 6- July 15 ( No class July 4)

Mon, Wed, & Fri 10:00-11:00 am

Cost \$25.00

Make checks payable to Nicollet County Public Health

**St. Peter Community Center (Rm 310A)**

A health and fitness program designed to help older adults (men & women),  
be more active.

Register @ the Recreation office or Call Sylvia at 934-7227

# Other Events



## 50+Lifestyle Expo

Tuesday, May 10 9-3 pm

Verizon Wireless Center, Mankato

2 pm Guest Speaker: Barry ZeVan

Award winning producer/writer/director/broadcaster

100 + Vendor Booths, Entertainment, Food and more.

This event is **FREE** and open to the public!

Sponsored by: Mayo Clinic Health System, and Monarch Health Care Management

### **For more Adult Classes:**

Check out the Community & Family Education/  
Recreation & Leisure Services Brochure available

at the Community Center,

Senior Center and the

Community Education Office.

Classes include: Painting; Photography, Clay

Carving, Cooking, Zumba, CPR/First Aid

and more.



### **AARP Driver's Safety Classes**

Classes meet in the St. Peter Community Center

4 hr. Tues., May 17 1:00- 5:00 pm

4 hr. Tues., June 7 5:30- 9:30 pm

4 hr. Thurs., Aug 25 1:00- 5:00 pm

Register by contacting Community and Family Ed. @ 934-3048.  
online at [www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)

### **OUTSTANDING SENIOR CITIZEN NOMINATION**

Nominations are being sought for the 2016  
Nicollet County Outstanding Senior Citizen Award

Winners will be announced

at the Nicollet Co. Fair on Aug. 12th.

\*Nomination forms are available by  
contacting Sylvia at 934-7227.

Deadline for nominations is July 15th

### **INTRODUCING... Books in a Bag!**

If you belong to a book club, St. Peter Public Library  
now has Books in a Bag available to check out. Each  
bag contains eight copies of the same title along with  
a folder containing book discussion questions and other  
information regarding the book.

**Bags may be checked out for six weeks at a time.**

Please contact the Library at 934-7420

for more information

### **"Celebrating Older Americans Month"**

May is the time to celebrate the  
contributions of older adults.

**THANK YOU**- for all you do for  
our community!



### **Breakfast & Speaker @ Whiskey River**

Tuesday, May 17 8:30-9:30 am

Special Guest: DNR Naturalist: Scott Kudelka  
will talk about the bison in Minneopa Park

Cost: \$9.00 (includes breakfast & tip)

To register call Sylvia 934-7434 or Community Ed. 934-3048



This newsletter is a collaboration of: Nicollet County Senior Services & the St. Peter Senior Center.

Please call Sylvia at 934-7227, if you would like to receive this newsletter by mail or email or have your name removed from the list.

